



## **SERMON ON THE MOUNT CHALLENGE**

### **Week One:** Matthew 5:1-12

- Memory Verse: 8 Blessed are the pure in heart for they will see God.
- Prayer: Pray for an intentional focus toward being pure in heart so that you will see God in more of your day, and the ability to steer away from the negative things that typically steer you away from God.
- Challenge: Look for a moment that would typically push you toward anger or cynicism and try to be more pure of heart at that moment in order to see God.

### **Week Two:** Matthew 5:13-16

- Memory Verse: 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.
- Prayer: Lord, give me eyes to see places where I can shine a light before others. Put opportunities before me that I can perform good deeds, not for my own glory but for yours.
- Challenge: Look for a way to bless a friend, stranger, or coworker this week and if the opportunity arises, share with them why you did it.

### **Week Three:** Matthew 5:17-20

- Memory Verse: 17
- Prayer: Dear Heavenly Father, open my heart to those that I judge because they are different from me and give me the strength and wisdom to show them the same love that You have shown me.

- Challenge: Take a few minutes to think about how you judge/perceive others' walk with Christ in comparison to yours. Are you becoming a Pharisee or do you love those that are different from you? Reach out to one of the people you judge who is different from you and send them love and encouragement.

## **Week Four:** Matthew 5:21-26

- Memory Verse: 23-24
- Prayer: Dear Lord, thank you for the way you have forgiven me and reconciled me to yourself through your Son. Help me to identify people in my life who I need to seek reconciliation with. Help me to identify areas in my own life where anger is present and needs to be dealt with. Calm me. Guide me. Amen.
- Challenge: Take a few minutes to think about people in your life who you've had a falling out with/have completely blown it. How did that situation get resolved? Are there people you're currently at odds with? Pray for them/the situation and send a text, make a phone call, maybe even write a letter, confessing where you have been wrong, and seeking reconciliation in the matter.

## **Week Five:** Matthew 5:27-30

- Memory Verse: 30
- Prayer: Pray for God to open your eyes to the stumbling blocks in your life that keep trapping you in the same sin trap. Also, ask Him to illuminate people in your life that you can invite in to help you.
- Challenge: "The words of Jesus are not to be taken with a crude literalism. What they mean is that anything which helps to seduce us to sin is to be ruthlessly rooted out of life." - William Barclay. Are there things in your life that continue to be a stumbling block that traps you again and again into sin? Find a way to get around that stumbling block, and maybe invite someone into your life to help you with this.

## **Week Six:** Matthew 5:31-32

- Memory Verse: 32
- Prayer: Spend some time in prayer this week asking God to illuminate the joys behind your relationship with your spouse. Meditate on the sacrificial love that Christ demonstrated for his bride (the Church/us) and ask God to open your eyes to ways you can sacrificially love your spouse this week.
- Challenge: Spend some time this week looking for ways to love, care for, and serve your spouse. Whether you do this often or haven't done so in a very long time, remember your motivation is to love them just as Christ loved you.

## **Week Seven: Matthew 5:33-37**

- Memory Verse: 37
- Prayer: Spend a few minutes praying about honesty, ask for forgiveness for the times you have failed to be honest, and ask God to give you the strength to remain honest.
- Challenge: The life you lead is an honest reflection of your faith. If someone were looking at the decisions you make, words you say, and how you spend your time, would they come to the conclusion that your faith reflects Christ working inside of you? What needs to stay the same for this to happen? What needs to change? Tell someone one thing you are going to change about your life to ensure that you are reflecting Christ.

## **Week Eight: Matthew 5:38-42**

- Memory Verse: 39
- Prayer: Lord, help me to be generous towards those that have taken advantage of me, and help me to trust in Your timing and Your faithfulness.
- Challenge: Select one person/entity in your life that you feel has treated you unfairly or unreasonably. This could be a family member, boss, or section of the government, and perform one generous task towards them as an example of Jesus' call to choose love instead of vengeance.

## **Week Nine: Matthew 5:43-48**

- Memory Verse: 44
- Prayer: Lord, give me the fortitude to forgive those that have sinned against me, and provide me opportunities to show them the love of Christ regardless of how they have treated me.
- Challenge: Engage in a difficult conversation with someone that you need to forgive. Forgive them and commit to showing them love moving forward.

## **Week Ten: Matthew 6:1-4**

- Memory Verse: 1
- Prayer: Father, more often than not I'm motivated to do whatever benefits me or makes me look better. Whether it's a post on social media, holding a door open for someone, or being generous to others. Please continue to sharpen and convict me in a way that I do everything from a place of loving you and loving others, not as an act to lift myself up.

- Challenge: As a way of not letting your left hand know what your right hand is doing, spend some time this week looking for ways to help or serve others in a way that you remain anonymous.

## **Week Eleven:** Matthew 6:5-15

- Memory Verse: 9-13
- Prayer: Spend more time in prayer today, use the model of the Lord's prayer (Matthew 6:9-13) to shape how you pray. First, praise God for who He is and what He has done. Second, ask God to align your will with His so you can be an active part of His kingdom. Third, ask God to provide for your needs and the needs of others. Fourth, confess to God a sin you are struggling with and forgive someone who has wronged you. Fifth, ask for God's protection against temptation and sin.
- Challenge: During prayer time this week use the above five steps to shape your daily prayer time.